



Bread and Puppet.

on the Rise

AWHOLE GRAIN BAKING COLLECTIVE

where both work
and ownership
are shared by a group
of women committed
to creating
an empowering workplace
and to making foods
from ingredients that are
life-giving
community-supporting
& earth-sustaining

on the Rise

WHOLE GRAIN BAKING COLLECTIVE

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SOY MILK BISCUITS

Blend $\frac{1}{2}$ c. veggie oil
with $\frac{1}{6}$ c. soy milk
Mix and fold in 3 c. ww pastry flour
 $\frac{1}{2}$ T. baking powder
 $\frac{3}{4}$ t. salt
Drop on baking sheet - Bake in hot
oven 450° till lightly golden on edges.
yield: 18. VARIATION - add $\frac{3}{4}$ c. RAISINS.

RAISIN SCONES

Blend together $2\frac{5}{8}$ c. soy milk
1 c. veggie oil
3 T. honey
 $\frac{1}{2}$ T. vanilla
 $2\frac{1}{4}$ c. raisins
Mix and fold in 4 c. ww pastry flour
 $\frac{1}{4}$ T. baking powder
 $\frac{1}{2}$ T. salt
Scoop out with #16 ice cream scoop
on to baking sheet. Bake at 400° until
lightly brown and hollow sound when
tapped. VEGAN-VARIATION - substitute
 $\frac{1}{2}$ T. barley malt, $\frac{1}{2}$ T. maple syrup for
3 T. honey. VARIATION - IRISH SODA
BREAD: add $\frac{3}{4}$ T. caraway seed, leave
out vanilla. Weigh out at 1#, loosely
shape on floured board. Yield 14 scones,
3-4 loaves.

CARROT CAKE

Blend together 1 c. veggie oil
 $\frac{1}{3}$ c. honey
 $\frac{3}{4}$ c. flaxseed mix
1 T. vanilla
Add and mix together well...
4 c. ww pastry flour
1 t. baking soda
 $\frac{1}{4}$ t. baking powder

1 t. salt
1 T. cinnamon
 $\frac{3}{4}$ t. nutmeg

3 c. grated carrots

We make both cake and cookies with
this same recipe. Cakes like a moderate
oven 350° ... bake until firm to touch
and cake pulls away from pan.

Cookies like a hotter oven 375° for a
shorter time... bake until firm & brown
on edges. Garnish before baking with
walnut. VARIATION: ZUCCHINI BREAD
Use large grater as zucchs are wetter
than carrots. VARIATION: wheat-free:
replace wheat flour with $2\frac{1}{2}$ c. barley
flour, $\frac{3}{4}$ c. oat flour, $\frac{3}{4}$ c. cornmeal.
yield: 18 lg. cookies

OAT CRUMB CAKE

Topping: $\frac{5}{8}$ c. veggie oil
 $\frac{5}{8}$ c. maple syrup
Mix together $\frac{1}{2}$ c. ww pastry flour
and roast $\frac{1}{8}$ c. rolled oats
till golden $\frac{5}{8}$ t. salt

Cake: Infuse 1 c. rolled oats
with $\frac{1}{4}$ c. boiling water
- Let sit -

Blend together $\frac{1}{2}$ c. veggie oil
1 c. honey
 $\frac{1}{2}$ c. maple syrup
 $\frac{1}{2}$ c. soy milk
1 t. vanilla
cooked oats

Add and mix together well...
the batter is 1 t. salt
on the loose- 1 t. baking soda
side. 2 t. cinnamon
This makes $\frac{1}{2}$ sheet cake or 28 muffins.
Top with crumb topping. Bake at 350° until
lightly brown and firm to touch.

SQUASH CAKE

Blend together 1 cup veggie oil
1 c. honey
1 c. soymilk
2 1/2 c. baked squash
1 T. vanilla

Mix and add... 4 1/2 c. ww pastry flour
Blend well. 2 T. baking powder
1 t. baking soda
1/2 T. cinnamon
1/4 t. nutmeg

Use any of the wonderful winter squashes
We make both cakes & muffins with this
recipe. See CARROT CAKE recipe for
baking tips. VARIATION: PARSNIP CAKE
use 1 1/2 c. soymilk, omit cinnamon.
yield 15 muffins.

Poppy Seed Cookies

Blend together 1/2 c. veggie oil
3/4 c. maple syrup
1/4 c. flaxseed mix
1 T. vanilla

Mix and add 2 1/4 c. ww pastry flour
Blend well. 1/4 c. poppy seeds
1 1/2 t. baking powder

Scoop out with a #16 ice cream scoop.
Bake at 350° until edges are brown.

Peanut Butter Cookies

Blend together 1/2 c. veggie oil
3/4 c. honey
1 1/2 c. peanut butter
1 t. vanilla
1 t. molasses

Peanut Butter Cookies continued:

Mix and add 2 1/4 c. ww pastry flour
Blend well 1 c. bread flour
Add a little 1/2 T. baking powder
water if need 1/2 t. salt
be to make workable dough. Scoop out
on to baking sheet. Flatten with wet
hands. Bake at 350° until lightly
browned. Avoid overbaking.

CORN CAKES

Infuse 1/2 c. cooked brown rice
1 c. cornmeal
with 3/4 c. boiling water
- let sit - till cool
Add 3/8 c. veggie oil
and blend 3/8 c. maple syrup
well together 1 c. soymilk
1/8 c. flaxseed mix

Mix and add 2 c. cornmeal
Blend well. 3/4 c. barley flour
1 T. baking powder
1 t. salt

Scoop out on to baking sheet. Bake
at 400° until lightly brown and firm
yield 12 individual cakes.

Barley Shortcakes

Blend together 1/2 c. veggie oil
1/2 c. maple syrup
1 c. soymilk
1/2 T. vanilla

Mix and add 3 c. barley flour
1/2 c. oat flour
3/4 c. cornmeal
1 1/2 T. baking powder
3/4 t. salt

Scoop out on to baking sheets. Flatten
with wet hands. Bake at 400° until

edges brown: yield 16 cakes. VARIATION:
For simple shell for pie fillings, make
indentation with fingers in center
before baking.

Oat Maple Cookies

Blend together 1 c. veggie oil
1/2 c. flaxseed mix
1 1/2 c. maple syrup
1 T. vanilla

Mix and add 4 1/2 c. rolled oats
Blend together 2 c. barley flour
well. 1 c. oat flour
2 t. baking powder
1 t. salt.

Drop cookies on baking sheet. Flatten with
wet hands. Bake at 350° until edges
are crisp and top lightly browned.
VARIATION: WALNUT CAROB CHIP. Add
1 c. carob chips, 1 c. chopped walnuts
and a little water to make dough nice.

Oatmeal Raisin Cookies

Blend together 1 c. veggie oil
1 c. honey
1/4 c. water
1 c. flaxseed mix
1 t. vanilla

Mix together 1 c. barley flour
and add 1 c. oat flour
4 c. toasted oats
1 c. roasted sunnies
* 2 c. raisins
4 t. baking powder
4 t. cinnamon
1 t. salt

Drop on cookie sheets - we use 1/4 c. scoop
Flatten with moist hands. Bake at 350°
until evenly browned. yield 24 lg cookies.

*HYDRATE 1/2 hr before w/ hot water
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